

# Office Worker Solutions

**CIP**  
**Solutions**

- ◆ **20 / 20 / 20 Rule: exercise your eyes**  
Every 20 minutes, look 20 feet for 20 seconds
- ◆ **40 Minute Rule: exercise your posture**  
Every 40 minutes stand and stretch your legs, back and neck

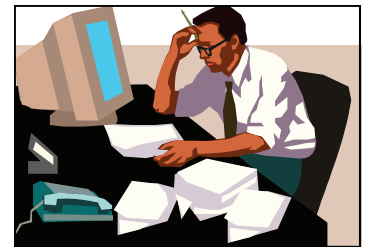
- ◆ **Daily Rule: care for your body**  
Walk for a minimum of 20 minutes

It's great for the:

- \* lower back & legs
- \* waist line
- \* heart & lungs
- \* mind

Make healthier food choices

- ◆ **20 Minute Rule: overeating is easy, slow down**  
It takes ~ 20 minutes for your body to realize you've stuffed yourself with food



**TAKE CARE OF YOUR BODY... YOU'LL NEED IT THE REST OF YOUR LIFE!**